



A safe home is in your hands.

## Kitchen Safety Checklist



Use the following checklist as a guide to help keep your family safe from kitchen hazards.

Learn more about actions you can take to keep your family safe in and around your home in Home Safety Council's Safety Guide including:

- Cooking Safety
- Kitchen Poison Safety
- Spring Cleaning
- Burns
- Fire Safety



- \_\_\_ Do you store harmful products in their original containers and away from food?
- \_\_\_ Are you careful not to transfer poisonous or caustic products to drinking glasses, pop bottles, or other food containers?
- \_\_\_ Have you posted the poison control hotline (1-800-222-1222) and other emergency numbers near every phone?
- \_\_\_ Have you installed child safety locks on cabinets where potential poisons are stored?
- \_\_\_ Have you locked up cleaning products and other chemicals, medications and medical supplies, and other poisonous, toxic or caustic products in a secure place?
- \_\_\_ Do you store knives and other sharp objects out of the reach of children?
- \_\_\_ Have you checked to make sure that all dangerous products, including medication, cleaning products and chemicals have child-resistant caps?
- \_\_\_ Do you read and follow the use and storage directions before using cleaning products?
- \_\_\_ Do you wear gloves and masks when using harsh products?
- \_\_\_ Are you careful not to mix products together to avoid dangerous reactions?
- \_\_\_ Do you promptly put away products after use and wipe up spills immediately?
- \_\_\_ Do you keep your kitchen walkways clear of clutter?
- \_\_\_ Is your trashcan covered with a lid?
- \_\_\_ Do your kitchen electrical outlets have ground fault circuit interrupter (GFCI) protection?
- \_\_\_ Do you test the GFCI monthly by pushing the red test button?



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### **Kitchen Safety Checklist, continued**

- \_\_\_ Are you careful not to leave the kitchen while cooking?
- \_\_\_ Do you keep things that can burn, such as dishtowels, paper or plastic bags, and curtains at least three feet away from the range top?
- \_\_\_ Are you careful not to wear loose-fitting clothing when cooking?
- \_\_\_ Does every family member know to “Stop, Drop and Roll” if clothes catch fire?
- \_\_\_ Does every family member know how to cool a burn with cool running water if they receive a burn or scald injury?
- \_\_\_ Are pot handles always turned inward while cooking?
- \_\_\_ Do children stay at least 3 feet away from the range at all times?
- \_\_\_ Do you keep hot items, such as beverages and cooking trays, away from the edge of counters and out of children’s reach?
- \_\_\_ Do you carefully remove lids or other coverings from microwaved food to prevent steam burns?
- \_\_\_ Do you use travel mugs with a tight lid for coffee, tea or other hot beverages?
- \_\_\_ Are children and pets kept away from the kitchen area when someone is cooking?
- \_\_\_ Is your hot water heater set at 120 degrees Fahrenheit or below to reduce the risk of burns and scalds from hot tap water?
- \_\_\_ Do you know how to extinguish a pan fire?
- \_\_\_ Are all matches and lighters stored out of children’s reach?